

THE ISERNIA DECLARATION ON DIET AND ITS EFFECT ON POPULATION HEALTH AND THE HEALTH OF THE PLANET

This conference recognizes that vast majority of European population does not face the challenge of daily hunger through poverty; has wide choice of foods and dietary habits. Through scientific research, understands the damage on human health of under-consumption and over-consumption, and;

Recognizes the impact that the prevalent model of food production, in Europe and in the other «developed countries», has in adding to the factors causing global climate disruption and environmental degradation;

Appreciates that the luxuries that we enjoy – in terms of food availability, ready access to information and education – are not available to all the peoples of our planet.

Accordingly, this conference:

Recognizes that good food, well-prepared, is an important part of the physical and social development and life of all peoples;

Encourages a more balanced diet, with increased emphasis on vegetarianism as part of that balanced diet;

Calls for greater education regarding foods that are known to have adverse health impacts: high sugar drinks; high fat fast foods; excess intake of animal protein; unsafe forms of cooking; unnecessary intake of vitamins and «dietary supplements»;

Supports increased exercise as part of a more balanced lifestyle;

Encourages government support for models of agriculture and animal rearing that take greater account of environmental and ethical issues;

Supports the sharing of these good models of agriculture, and the resources necessary for those, for the peoples of «developing countries», where the greatest population growth will occur over the coming decades.

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